

# Educational Workshop

## *HELPING YOURSELF... & Helping Children Deal With Loss*

**For Adults to Help Children Deal with Death, Divorce,  
Pet Loss, Moving, and Other Losses**

There are many **Myths** about dealing with sad emotions that confuse children:  
*Time heals all wounds... Replace the loss... Cry alone...Be strong for others...Bury your feelings...Don't  
feel bad, have a cookie, you'll feel better...*

In this program you will learn how to replace these myths  
with practical guidance for your children.

In the Meantime:

- **Listen with your heart, not your head.** Allow all emotions to be expressed, without judgment, criticism, or analysis.
- **Recognize that grief is emotional, not intellectual.** Avoid the trap of asking your child what is wrong, for he or she will automatically say, "Nothing."
- **Adults – Go first.** Telling the truth about your own grief will make your child feel safe in opening up about his or her own feelings.
- **Remember that each of your children is unique and each has a unique relationship to the loss event.**
- **Be patient.** Don't force your child to talk.
- **Never Say "Don't feel sad" or "Don't feel scared."** Sadness and fear, the two most common feelings attached to loss of any kind, are essential to being human.

### **THE 6-WEEK PROGRAM WILL BEGIN**

**Tuesday, 3 August 2010 thru 6 Sep**

**From 1130 thru 1300**

**Memorial Chapel conference room**

**JBM-HH, VA**

**\*\*FREE OF CHARGE with materials & lunch provided\*\***

**Only 15 seats--To reserve your place in this workshop call:**

**Chaplain Gray, Certified Grief ⊕ Recovery® Specialist**

**202-685-4815/2996**

The program is affiliated with and endorsed by The Grief Recovery Institute. This format has been developed by Russell P. Friedman, Executive Director, and John W. James, Founder of the Grief Recovery Institute, and uses their book *When Children Grieve – For Adults to Help Children Deal with Death, Divorce, Pet Loss, Moving, and Other Losses*. James and Friedman are also co-authors of *The Grief Recovery Handbook—The Action Program for Moving Beyond Death, Divorce and Other Losses*.

Grief ⊕ Recovery® is a registered trademark of the Grief Recovery Institute.

***This notice is of common interest to the military community and does not imply Department of Defense endorsement of a commercial or private entity.***